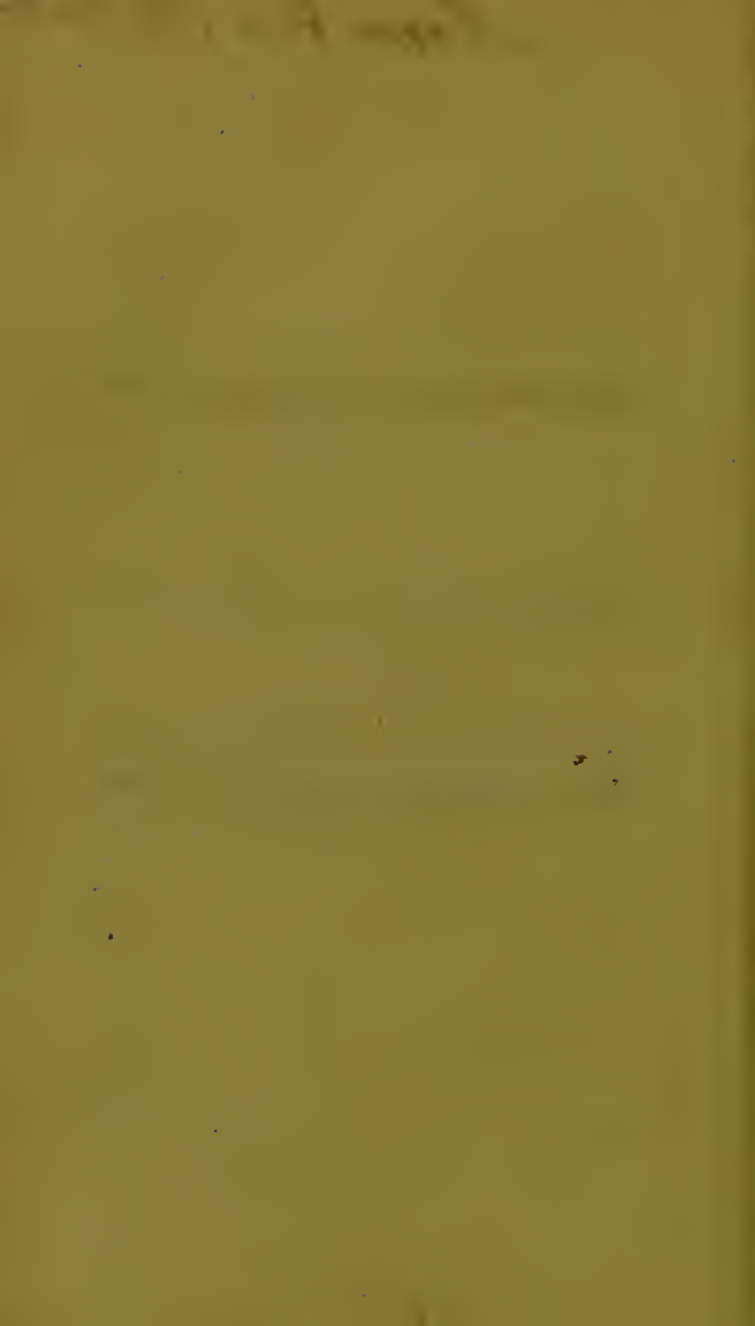


From the Author

3.

H I N T S,
FOR THE
PRESERVATION OF HEALTH,
AND
*P*REVENTION *of* DISEASE, &c.



HINTS
FOR THE
PRESERVATION OF HEALTH,
AND
PREVENTION OF DISEASE,
FOR THE
USE OF THE GENTLEMEN
OF THE
Westminster Volunteer Cavalry.

BY
An Old Comrade.

Non Cibariorum patientur (MILITES) Inopiam, aut Minor
illis vestium suppetat Copia : nec sanitati enim nec
expeditioni idoneus miles est, qui algere compellitur.

LONDON :
Printed by T. WOODFALL, 21, Villicers' Street, Strand.

1803.

To Lieut. Col. *ELLIOT*,

COMMANDING OFFICER,

OF THE

Westminster Volunteer Cavalry.

Dear Sir,

THOUGH I have to lament
that professional duty has prevented me
from rejoining the Corps under your com-
mand, during the present war, yet always
remaining anxious for the general welfare

B

of it, and attached by friendship to many of the individuals who compose it, I cannot employ myself better than by occasionally devoting a few leisure moments in arranging such Hints for the management of the health of its members, as I have frequently experienced to be of use in private practice; and by this means contribute my mite to the general cause, whilst I am prevented from giving my personal service. It may be thought that I have descended too much into the minutiae of dress, as a means of preserving health; but we often find that attention to apparently the greatest trifles, are the means of obviating serious evils. Some men much better

qualified for the task, and of greater rank in the profession than myself, have already published their thoughts on this subject ; but as these publications have only been circulated in the Corps to whom they were addressed, or have been confined to the Newspapers, they merely become the observation of the transient moment, and are soon forgotten. These few Hints likewise, not being intended for the public eye, but only to circulate among the Members of the Westminster Cavalry, will therefore, I hope, not be deemed a subject for criticism, but the goodwill which has been the occasion of putting them to-

gether, will I trust, plead my excuse for
any inaccuracy in diction.

With the greatest esteem and regard

I am, dear Sir,

Very respectfully,

Your most obedient Servant,

J. FALLOFEILD.

Albemarle Street,

Nov. 20, 1803.

HINTS, &c.

THE Preservation of Health and the Prevention of Disease, appear to be the points which principally claim the attention of the World in general, but more particularly at a time like the present of the Volunteer Corps, who are in arms in all parts of the Kingdom. The preceding season has been perhaps the dryest known for a long period of years,

and we have therefore every reason to suppose the present winter will be very wet, and without much frost. The diseases most incident to such a Season amongst men frequently exposed to variations of temperature are Rheumatism, and Bowel Complaints, and common Colds and Coughs.

To guard against these complaints will be the principal object of the following pages ; and as nothing contributes so much to prevention as warmth, I shall in the first place say a few words on the article of cloathing. The dress at present

worn is very comfortable, but may be materially improved by a few slight alterations. I am no great advocate for flannel next the skin, as it is in general an uncleanly habit, but those who have been accustomed to it will of course continue its use. To persons however not in the habit of wearing flannel, I would recommend the use of a Flannel-Waistcoat over the shirt, which might be only worn on duty, or what would be still better, having the linen lining taken out of the jackets, and good warm flannel substituted for sleeve and body linings, this would be more conve-

nient as not multiplying garments. Many persons disposed to Rheumatism and much exposed to the weather to whom I have for years past recommended this plan, have been entirely freed by it from all complaint. The next thing I would advise, is the general use of worsted stockings, and loose horse-hair socks in the feet of the boots, which always keep the feet dry and communicate a considerable degree of warmth. I would likewise advise the boots about the bend of the ankle, and all over the upper leather of the foot, to be well impregnated with a preparation of mutton suet,

ivory-black, and a sufficient quantity of wax to make it into a ball ; with this the lower part of the boot should be well smeared three or four days in succession, which would render the part so rubbed perfectly impervious to wet.

THE next thing should be the use of flannel drawers under the leather breeches, which frequently are apt to get wet, than which nothing is more uncomfortable, or more liable to give cold ; whilst a delicate person thus cased may encounter twelve hours rain without hazard.

ANOTHER useful measure would be the having the cloak lined with a small piece of oiled silk just sufficient to cover the shoulders, and the sleeves of the cloak likewise to have a piece of oiled silk between the lining and cloth to take the direction of the upper surface of the arm whilst on horseback, so as to cover the bend of the arm, &c. and which would not occasion too great a degree of heat, as a considerable part of the sleeve would be unlined. The hands should likewise always be kept warm for I have often been on horseback when I could scarcely hold the reins, much less the sword; to answer

this purpose a light warm glove of Shetland Wool at One Shilling a pair, or Ten Shillings a dozen may be procured at FISHERS, the corner of Grosvenor Street and Bond Street; these gloves I constatly wear under leather ones in Winter----they are much less clumsy than any double gloves, or lined gloves, and the motion of the hand is perfectly easy.

THE skirt of the cloak, at le the small portion of it which co the breeches, should be lined thin oiled silk, will pr the breech and will take up an

room; to these may be added a flannel skull-cap or Welsh wig, which may be worn at night under the helmet.

LITTLE is necessary to be said upon the article of Diet, as though Providence has wisely decreed that the human constitution shall readily accommodate itself to any alteration, however opposite in point of Diet, yet it is not to be expected that gentlemen will give up their customary habits and adopt a different mode of life. In cold dry weather soldiers are much less subject to disease than in moist weather.

Nothing, however, can be more different than the life of a British Volunteer on service, and in time of peace, this must subject them to numberless inconveniencies and complaints. Should an active campaign take place, they will seldom be accommodated as in their own houses; but must lie in tents, with sometimes only the bare ground for a bed, and frequently after fatiguing marches in the rain without any covering: they must stand Centinels, and be upon out posts and piquets in the night, during all kinds of weather. Provisions may chance to be scarce, and water

difficult to be got at, and that perhaps bad; and it may happen that neither wine, spirits, nor malt liquors of a good quality may be got at for two or three days together.

Multa tulit fecitque (MILES) *sudavit et alsit.*

THE Cavalry, however, have a more uniform life than the Infantry, having less fatigue by marches, and a constant but easy exercise, both in the field and in quarters, in the care of their horses; which is one reason for their better health.

MANY persons are accustomed to a very luxurious mode of living;

to indulgence in bed of a morning, and to a number of other comforts, which the world call superfluities : to such persons early attendance in the field in cold foggy mornings without some precautions would be attended with danger, and they should therefore gradually bring themselves to the change, by a deprivation of such things as are not absolutely necessary. I should not advise any body to go out on an empty stomach, but least of all to take brandy or any other spirit, in any form or shape whatever ; a good plain breakfast should be taken, such as is usual, and the addition

of an egg or two ; or a slice of cold meat would lay no bad foundation for a day of fatigue. A little hunting-cake, or any common biscuit, either plain or made warm with ginger ; two or three eggs boiled hard, or a small bit of hung beef, may be carried in the holster, which would be found far preferable to wine or brandy, and would keep the stomach in much better tune. As Dr. LATHAM in his Address to the Bloomsbury Volunteers has very wisely observed-----

“ A cool head always produces a steady, resolute, and determined hand, and the mind is never in such

temper, as when the body is in perfect health ! !”

TEMPERANCE when upon duty is above all things to be attended to, a good meal of plain wholesome food, when it can be procured, should be taken, and good malt liquor is the very best drink that can be resorted to, if any be wanted, and leaves none of the unpleasant consequences, which attend the use of bad wine or spirits. Every kind of strong liquor creates an extraordinary degree of excitement, which though it may at the time produce pleasant sensations, is al-

ways attended on the following day with a degree of debility, which renders the body more disposed to disease.

AFTER being dismissed, no person if cold, should go immediately near a fire or into a hot room, or take any thing warm, which almost invariably gives cold; but should observe strictly this rule:---When the whole body or any part is chilled, bring it to its natural feeling and warmth by degrees. Every person should as soon as possible get rid of the incumbrance of wet cloathes, should rub himself well with a coarse cloth, and gradually

go into a warmer temperature; he may then take any kind of food, but by no means hot liquor, such as punch, brandy and water, &c. Dr. BEDDOES says:--- -“ I have known a labouring man in a hard frost come home perishing with cold. He has immediately flown to the fire, kept close by it till he went to bed, and in the mean time drank a quantity of hot ale. By morning he has had a rheumatic fever, which being ill treated, has left him a cripple for life. And if being too suddenly heated can inflame a frozen limb till it mortifies, why may not heat, incautiously applied, produce

that less violent inflammation which takes place in rheumatic fever?

I have seen persons who had long been riding in the cold and wet, experience feverish shiverings after coming into a warm room, sitting near the fire, and drinking wine or strong liquors. These shiverings were the fore-runners of a very severe cold or rheumatism.

It would be improper in an Address of this nature, and to persons whose duty will in all probability confine them to the neighbourhood of the Capital, to enter upon the Medical treatment of particular

complaints, but the instant a person feels himself at all unwell, he should apply to the Surgeon of the Regiment, or to the nearest Medical friend in whom he places confidence : *Venienti occurrite Morbo !* and by a caution of this kind many a man would be preserved whose life is lost by carelessness and inattention.

ON the subject of wounds, very little advice to any purpose can be given. The Surgeon must be immediately consulted, but it might be proper for every gentleman to provide himself with a small Tourniquet to carry among his necessaries ; a pattern of one of the most simple

kind shall be left at the Riding House, and the mode of application may be learned by any person in one minute ; they may be purchased for about half-a-crown each, and would be found on many occasions convenient. In general, there is a great deficiency of Tourniquets in the Field, and some persons bleed to death for want of timely assistance. In the Prussian Armies every tenth man is provided with a Tourniquet, and is taught its use, by which means, many lives are saved.

It would not be difficult to extend this little Paper to a volume, were I to attempt to enter more at

large upon any of the subjects I have mentioned ; my only wish, however, being to awaken the attention of gentlemen to such objects as they may find useful, should they enter shortly upon a campaign. I shall here conclude with the earnest and fervent hope, that should the projected invasion take place, we may encounter the danger with as little mischief as possible to ourselves, but with complete destruction to the enemy ; for I am satisfied there is not a Volunteer throughout the kingdom, who would not exclaim with our immortal Bard :

“ Within my sword’s length set him, if he ’scape
 “ Then Heav’n forgive him too. —————

It is not in our own strength, however, we must place implicit confidence, but in the firm belief of the justice of our cause, which should satisfy us that we shall not be deserted in the hour of need by an all-seeing Providence. Yet sooner should this proud City with its inhabitants be buried in its ruins (as was the fate of the ancient Saguntum) than we should submit to receive terms from a foe, who upon all occasions has shewn himself the determined enemy to every principle, religious, moral, or social.

